



- We offer medical care for:
- Allergy Attacks . Minor injuries

- Cold & flu . Pink eye
- Ear & Throat Pain . Rash & Scrapes
- Minor Cuts . Strains/Sprains



HOURS OF OPERATION: Monday - Sunday 9am - 9pm CLOSED ON WEDNESDAY

508 This Way | Lake Jackson, TX 77566 | (979) 480-9467 www.BrazosportRegional.org

Meet the Staff



Jennifer Jones
Parks & Recreation Director



Bryce Carleton
Parks Superintendent



Michelle Parrish
Administrative/Marketing Assistant



Megan Mainer
Recreation Center Supervisor



Christopher Thompson
Facility Assistant Leagues & Programs



Jennifer Fields
Facility Assistant Customer Service













Full Fall/Winter 2010-2011 USUALE

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15 KidZone

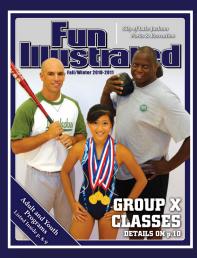
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On The Cover

Mike Mainer, Leonard Carter & Carrie Bai.
Photo by Megan Savant

MISSION STATEMENT

It is the mission of the Lake Jackson Parks and Recreation Department to be a leader in the State of Texas providing diverse quality recreational opportunities to all citizens of our City, and providing the citizens with a high aesthetic quality of parks, parkways and esplanades throughout the City through the efficient and innovative use of the available resources.

SATISFACTION GUARANTEED

We are committed to providing quality recreation programs and services. As part of our commitment to quality, our programs come with a money back guarantee. Upon written notification with participant's name, parent's name, class name and session dates, following policy guidelines, a refund will be given.

If you would like more information on Fun Illsutrated or The Recreation Center - Lake Jackson please contact us at (979) 297-4533 or email mparrish@lakejacksontx.gov or write to us at 91 Lake Road, Lake Jackson, TX 77566. We look forward to hearing from you! If you would like information on advertising in the Fun Illustrated, please call Platinum Marketing at (979) 299-1288 or email sales@platinum-marketing.com or write to 101 Plantation Dr., Suite C, Lake Jackson, TX 77566.

CITY COUNCIL

Mayor - Bob Sipple

Charlie Golden, Gerald Roznovsky Bob Geter, Vinay Singhania, Scott Schwertner

PARKS BOARD

Chairman - Lynne Hanrahan
Keith Zimmerman, Bart Squires, Scott Vardeman,
Gail Stoops, Kevin Cromwell, Bob Pratt
City Manager - William P. Yenne

Parks and Recreation Director - Jennifer Jones
Parks Superintendent - Bryce Carleton

FUN ILLUSTRATED

Fun Illustrated Editor: Michelle Parrish Publisher: Platinum Marketing Project Coordinator: Landis Adams Sales & Marketing: Gina Adams Graphic Artist: Lalo Garcia

FACILITIES

The Recreation Center - Lake Jackson 91 Lake Road, Lake Jackson, Texas 77566 Phone: (979) 297-4533 Fax: (979) 297-0021 City Web Page: www.lakejackson-tx.gov

Facility Guidelines

ALL CHILDREN AGES SIX (6) AND UNDER ARE REQUIRED TO HAVE AN ADULT WITHIN ARM'S REACH ANYWHERE IN THE FACILITY

This includes, but is not limited to, the pool area, gymnasium, locker rooms, hallways and playground. When signing in, the cashier will give each child and adult a wristband. This will identify our younger guests and the adults who are supervising them. Your cooperation in this matter is appreciated.

The Natatorium Rules

- ATTENTION PARENTS: Our lifeguards are present for Emergency Response and Safety Enforcement. They monitor the pools by a Red Cross approved scanning technique and are not able to give each child personal attention 100% of the time. Your assistance in watching your own child is greatly appreciated.
- All children seven (7) years of age and under must have an adult in the pool area at all times. Children six (6) and under must have an adult within arm's reach in the pool or pool area at all times.
- Only U.S. Coast Guard approved lifejackets are allowed as personal flotation devices. Lifejackets are available for onsite use.
- Some guests may be required by lifeguard staff to wear a lifejacket if deemed necessary.
- Proper swim wear only. No make shift bathing suits. Shirts are allowed as long as they are worn over a bathing suit.
- No glass containers. Absolutely no gum, candy, food or tobacco of any kind is allowed in the pool area. Drinks are allowed in the provided sitting areas.
- No running, diving, horseplay or loud and unruly conduct.
- · Pool toys must be approved by lifeguards on duty.
- Lap pool lanes are restricted for lap swim only as determined by pool management.
- Only one person at a time on any slide unless permission is granted by a lifeguard. Children must be at least 48" (inches) tall to slide down the purple slide alone.
- Please exit the pool area through the locker rooms by the sauna if you are wet.
- Swim diapers MUST be worn. Swim diapers are available for sale at the front desk.
- · No disposable diapers are allowed in the pool.
- · Diaper changing is permitted in restrooms only.
- · No changing clothes, diapers, etc. on the pool deck.

PARENTS ARE THE PRIMARY LIFEGUARD FOR THEIR CHILDREN!

Gymnasium Rules

- No dunking, NO EXCEPTIONS!
- Non-marking court shoes only on the gymnasium floor.
- Absolutely no gum, candy, food, drinks or any form of tobacco allowed in the gymnasium.
- It is the full intent of the Parks & Recreation Department to have a court available for Open Play basketball at all times. However, occasional special events may limit gym use.



Your Helpful Rec Leaders:

From left to right: Travis, Jessie, Nolen, Raymond, Billie, Sharquetta, Tara, Garrett & Sarah.

Skate Park Rules

- Helmets are required.
- Be courteous of other participants.
- Knee & elbow pads are strongly recommended.
- Children under the age of 10 years old must be accompanied by a parent or guardian.
- · Alcohol, drugs and tobacco are prohibited.
- No profanity.
- Watch for small children.
- Skate Park is subject to close due to inclement weather.
- Do not skate on wet surfaces.
- No scooters or bikes.
- Emergency phone located inside The Recreation Center Lake Jackson.

Racquetball Court Rules

- Court reservations may be made one week in advance.
- Court reservations will not be held longer than 15 minutes.
- Absolutely no gum, candy, food, drinks or any form of tobacco allowed on courts.
- Non-marking court shoes only.
- Protective eyewear is recommended at all times while on the courts
- Racquets may be rented at the front desk for \$1.00 each.
- All racquets must have safety line attached.
- Must be seven (7) years or older to use courts unless accompanied by a parent or guardian.
- Wallyballs and nets are available for checkout at the front desk.

Weight Room Rules

- Must be 16 years of age or older to enter weight room.
 NO EXCEPTIONS!
- There is a 20 minute time limit on cardiovascular machines when patrons are waiting.
- · Do not drop weights.
- Please wipe down equipment after usage.
- Absolutely no gum, candy, food or tobacco of any kind in the weight room. Drinks with a lid are allowed.
- No spitting. No profanity or horseplay.
- Proper footwear is required at all times.
- Shirts must be worn at all times.

Aerobic Room Rules

- Must be 12 years of age or older to enter the aerobics room and/or participate in classes.
- · Non-marking shoes only.
- Absolutely no gum, candy, food or tobacco of any kind in the aerobics room. Drinks with a lid are allowed.
- · Shirts must be worn at all times.

CHILDREN UNDER THE AGE OF 10 MUST BE ACCOMPANIED BY AN ADULT TO ENTER THE FACILITY

Membership Information

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Types of Memberships	Annual Paid In Full	Monthly Bank Draft	90 Day	Outdoor Pool Pass	<u> </u>	Racquetk	Weight	Gymnasi	KidZone	Group X
FAMILY (Immediate Dependent Family Only)	\$ 415.80*	\$ 38.50	\$115.50	\$ 82.50				•	•	•
Family Natatorium	\$ 330.00	\$ 27.50	\$ 82.50						•	
Family Fitness Center	\$ 198.00	\$ 16.50	\$ 49.50			•			•	
INDIVIDUAL (18-59 years)	\$ 297.00*	\$ 27.50	\$ 82.50	\$ 49.50		•				
Individual Natatorium	\$ 264.00	\$ 22.00	\$ 66.00						•	
Individual Fitness Center	\$ 165.00	\$ 13.75	\$ 41.25			•		•	•	
SENIOR CITIZEN COUPLE (60 +)	\$ 297.00*	\$ 27.50	\$ 82.50	\$ 49.50						
Senior Citizen Couple Natatorium	\$ 264.00	\$ 22.00	\$ 66.00							
Senior Citizen Couple Fitness Center	\$ 165.00	\$ 13.75	\$ 41.25			•				
INDIVIDUAL SENIOR/STUDENT/MILITARY	\$ 237.60*	\$ 22.00	\$ 66.00	\$ 38.50						
Senior Citizen Individual Natatorium	\$ 198.00	\$ 16.50	\$ 49.50							
Senior Citizen Individual Fitness Center	\$ 132.00	\$ 11.00	\$ 33.00			•				
MILITARY FAMILY (Must Be Active)	\$ 332.64*	\$ 30.80	\$ 92.40	\$ 66.00						
Military Family Natatorium	\$ 264.00	\$ 22.00	\$ 66.00							•
Military Family Fitness Center	\$ 158.40	\$ 13.20	\$ 39.60							

Methods of Payment:

Cash, Check, Auto Draft, Mastercard, Visa and Discover

Financial Assistance:

Call Jennifer or Michelle at (979) 297-4533

- Included with membership
- Available with membership for an additional fee
- Available for children thru two (2) years old
 - * Paid in full amounts reflects a 10% discounted price

LOCKER FEES/RULES

Daily Rental - No Charge (provide own lock)

Monthly Rental - \$3 per month

(members only, three (3) month minimum)

Locks to Buy - \$3 each

- Designated lockers available for monthly rentals.
- Lockers available for daily usage.
- · Daily lockers must be emptied at the end of each day.
- Any lock left on daily lockers will be removed along with the contents of the locker.
- Patrons may use their own locks.
- · Locks are sold at the front desk.
- The Recreation Center is not responsible for lost or stolen items.
- Please leave valuables at home or keep them in a safe place at all times.

GENERAL ADMISSION FEES

\$3 per child (ages 3-17)

\$3 per senior (age 60+)

\$5 per adult

CHILDREN SIX (6) & UNDER MUST REMAIN WITH AN ADULT AT ALL TIMES IN THE FACILITY

HOURS

Recreation Center Hours

Monday – Friday 5:45am – 9:00pm Saturday 8:00am – 6:00pm Sunday 1:00pm – 6:00pm

Leisure Pool Hours

Monday 12:00pm - 8:45pm Tuesday - Friday 7:00am - 8:45pm Saturday 8:00am - 5:45pm Sunday 1:00pm - 5:45pm

Lap Pool Hours*

Monday 5:45am - 8:00am 12:00pm - 8:45pm Tuesday- Friday 5:45am - 8:45pm Saturday 8:00am - 5:45pm Sunday 1:00pm - 5:45pm

*Please be aware that lap pool lanes will be limited due to swim team practice and swim lessons. View details on Page 13.

Skate Park Hours

Same as The Recreation Center hours (pending weather conditions)

KidZone Hours

Monday-Friday 8:00am - 1:00pm 4:00pm - 8:00pm Closed Saturday & Sunday

Park Rental Facilities



Dunbar Pavilion - FM 2004

Amenities include seating for approximately 250 people, horseshoe pits, volleyball standards, BBQ pit, serving tables, close proximity to 18-hole disc golf course, soccer fields & playgrounds. Great for company BBQ's, family reunions and birthday parties.

Deposit: \$100

Rental: Mon-Thurs \$60 Fri-Sun \$75

Shy Pond Pavilions - That Way

North and South pavilions are for parties of 35 people or less. Restrooms, two playgrounds and a fishing pier are within walking distance of each pavilion.

Deposit: \$15

Rental: \$7.50 per hour, two hour minimum

MacLean Pavilion - Lake Road

Seats approximately 500 and includes a stage with lighting. Other amenities include horseshoe pits, basketball courts, sand volleyball, soccer fields, playground & restrooms. Softball fields are available for a separate rental fee. Perfect for large company picnics, family reunions, craft shows and concerts.

Pavilion Only

Deposit: \$150 **Rental:** \$165

Food Service Building (indoor facility with sink, coolers and

food preparation area)

Deposit: \$100 **Rental**: \$110

The Recreation Center Pool Room - Lake Road

Pool party package includes two hour pool room rental and admission for up to 10 party guests. This private room is great for parties and will include three tables and 25 chairs for use. Bring your own food & beverages to be consumed inside the pool room. NO GLASS CONTAINERS AND NO ALCOHOL IS PERMITTED.

Deposit: \$30

Rental: \$45 two-hour party package

\$15 each additional hour available

Payment in full, including a refundable deposit amount, along with a completed rental agreement form must be received at The Recreation Center – Lake Jackson before any facility can be reserved.



Park Rules



Your Hard Working Parks Department

From left to right, Michael, Erle, Dick, Adam, Art, Ricky, Ray & Marty. Not pictured: Daniel

Remember to follow the rules when you visit Lake Jackson's City Parks. The City sets rules for a purpose: to protect users and to protect property.

- NO glass products in or near City Parks.
- NO pets off-leash in or near City Parks.
- · NO motorized vehicles in or near City Parks.

Rules Specific to Shy Pond at Morrisson Park:

- NO fishing after dark.
- NO sitting on pier rails.
- NO motorized boats.
- NO swimming or camping.
- NO adult fishing unless accompanying a child under 17 years of age.
- Fishing allowed from pier or bank only.

The City's playgrounds are designed and constructed to be safe, enjoyable places for children to play, however when used improperly, they can become dangerous and possibly deadly. For this reason, there are rules that have been designed to keep our playground's safe.

Rules of the Playground

- Adult supervision is recommended.
- No bare feet, use proper footwear.
- Do not use equipment when wet.
- · Do not use equipment improperly.

Please follow the following safety tips to ensure children have a safe and fun time while at Lake Jackson Parks:

- Don't wear hooded or draw-string type garments on play equipment.
- Supervise your child's play. Over 40% of accidents result from poor supervision.
- Abide by age restrictions as posted.
- Follow rule signs and heed warnings, they are there for your safety!
- Report problems to the Parks Dept. at 979-297-4533 as soon as possible.





Adult Recreation

Adult Programs

Playin' Hooky

Facility: The Recreation Center - Lake

Jackson Party Room

Date: 2nd Friday of each month **Time:** Check the Recreation Center front desk for the schedule of events!

Age: 18+

Fee: Regular Admission

Description: Gather amongst your peers for these fun-filled educational opportunities! Each session includes a guest lecture covering a variety of important health topics. Cool off in the pool, play exciting games, enjoy great food and earn valuable knowledge towards a healthy future!

Registration: Open to all! No

registration required

Walk Across Texas

Walk across the Lone Star State at The Recreation Center – Lake Jackson! The trek from El Paso to Beaumont is an incredible 834 miles long! Utilize our state-of-the-art fitness center cardio equipment, scenic outdoor trails, or your own preferred setting to cover the distance. Submit your weekly progress at the front desk! Prizes will be awarded to those who can make their way across the state in a year. This is a free ongoing program and we welcome you to jump start your healthy lifestyle with a new healthy habit — exercise!

Bike the Nation

Cycle across the nation at The Recreation Center – Lake Jackson! Bike the 3,310 miles from Seattle, Washington to Miami, Florida using one of our recumbent bikes, upright bikes, or a cycle of your own. Prizes will be awarded to those who can cycle across the nation in a single year. Submit your weekly progress at the front desk! .This free ongoing program welcomes you at any time – start your challenge today!

Swim the Coast

Complete your tri-sport training with the toughest of challenges by swimming the Texas coast at The Recreation Center – Lake Jackson! Using our spacious indoor complex, the outdoor pool, or a facility of your choice, complete the 215 miles of coast line from Corpus Christi to Galveston! Submit your weekly progress at the front

desk. Prizes will be awarded to those who can swim the distance in 18 months.

First Time Fitness

Are you new to the wellness industry, feel overwhelmed in the fitness center, or need advice planning a holistically healthy lifestyle? These FREE orientations are designed to acquaint beginners to the world of health and fitness. Receive helpful information regarding healthy eating and metabolism before touring the fitness center and learning each machine. Participants will learn a wide range of exercises ranging from highly technical machinery to simple body weight resistance.

The Fitness Bank

Are you interested in beginning a workout regimen but aren't sure where to start? Are you a fitness enthusiast looking for a new split to avoid burnout? The Workout Bank is a collection of pre-made workout routines designed to target all areas of the body. Whether you're looking to isolate a particular body part or combine multiple muscles, the bank contains numerous exercise options. The Fitness Bank will be kept at the Fitness Center desk, so scroll through for a workout of your choice and simply follow the instructions!

Personal Training

Sign up today for individualized assistance with your exercise program! Our trainer will customize strength and conditioning programs for optimal cardiovascular fitness, muscular endurance, and physical strength. Receive routine body composition measurements to track your progress, and complete exercise routines with the assistance of a certified professional. Set your goals to be as challenging as you desire!

Facility: The Recreation Center – Lake Jackson

Date: Schedule your sessions beginning August 30, 2010!

Time: Varies for each session – find the right fit for your schedule!

Age: 18+

Fee: \$25/member and \$40/non-member

per hour long session

Registration : Ongoing. Check session availabilities at The Recreation Center

front desk!

Community Service

Erase Hunger in Brazoria County

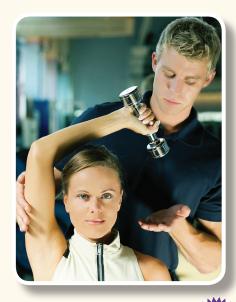
Benefit Brazoria County by participating in this simple community outreach program! Cans of food will be used to spell the word 'HUNGER' within The Recreation Center – Lake Jackson. For every \$1 donated at the front desk, The Recreation Center – Lake Jackson will remove a canned item until the entire word has been erased! All food and proceeds will be given to Brazoria County. Donors will receive special recognition within The Recreation Center.

Facility: The Recreation Center – Lake

Jackson

Date: Begins October 1, 2010

Fee: \$1/can



Habitat for Humanity

Give a family the gift of a home within the Brazoria County community! The Recreation Center – Lake Jackson will assemble a crew to partake in one of the most rewarding experiences around: Habitat for Humanity. Builds occur on weekdays throughout the year – sign up now to join the group! Breakfast and lunch are provided during each build. Check out www.habitatsbc.org for additional details!

Facility: Throughout Brazoria County

Age: 18+

Date: 5-6 builds throughout the year

beginning in October

Fee: FREE

Registration: Sign up at The Recreation

Center front desk

Youth Recreation

Informal Sports

Informal Sports are designed as a leisure activity meant to provide entertainment and enjoyment for its participants without umpires or referees. Most of our Informal Sports have a round robin structure where each team or individual has the opportunity to play one another while the league coordinator maintains the overall standings.

Sand Volleyball

Facility: MacLean Sand Volleyball Court

Date: Thursday & Friday Evenings

Time: 6:00-9:00pm

Tennis

Facility: MacLean Tennis Courts
Date: Scheduled by Players
Time: Scheduled by Players

Racquetball

Facility: The Recreation Center

Pacquetball Courts

Date: Scheduled by Players

Time: Scheduled by Players

Kickball

Facility: MacLean Park

Date: Each Sunday evening

beginning September 5, 2010

Time: 5:00-8:00pm

Ultimate Frisbee

Facility: MacLean Park

Date: Each Sunday evening

beginning September 5, 2010

Time: 5:00-8:00pm

Adult Athletics

Men's Adult Softball - Fall

6-week Adult Softball League followed by a double elimination playoff tournament. You may sign up in the C league or D league. A minimum of four teams is required for each! There will be a guarantee of 14 games. Post-season tournament winners in both the C and D league earn championship T-shirts at the completion of the playoff. Top teams from each league will play in a single-elimination tournament to crown an overall champion!

Facility: MacLean Adult Softball Fields

Date: Wednesday beginning

September 29, 2010.

Mondays will be reserved for

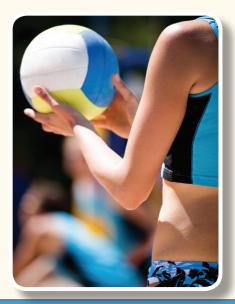
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Time: Dependent upon # of teams

registered

Age: 18+ **Fee:** \$350/team

Registration Deadline: September 24, 2010



4 v 4 Adult CO-ED Sand Volleyball Tournament

Single day Adult Volleyball Tournament. Teams require no less than three players and no more than six. Play will feature round-robin games followed by a seeded playoff. Post-season winners earn championship T-shirts at the completion of the playoff.

Facility: MacLean Sand Volleyball

Courts

Date: Saturday, October 2, 2010

Time: 9:00am (Games will begin)

Age: 18+ **Fee:** \$25/team

Registration Deadline: September 29, 2010

Adult Singles Tennis Tournament

Single day Adult Tennis Tournament. Play will feature round-robin matches followed by a seeded playoff. Winners earn championship T-shirts at the completion of the event. Prizes will be awarded to top male and female finishers!

Facility: MacLean Tennis Courts

Date: Saturday, October 23, 2010

Time: 9:00am (Games will begin)

Age: 18+

Fee: \$5 + 1 new can of balls to be brought to the tournament

Registration Deadline: October 20,2010

Start Smart Sports Development

Start Smart is aimed at helping kids get ready for team sports and focuses on throwing, catching, hitting and kicking. Start Smart builds confidence and self-esteem, gives children fun and positive early experience in sports, helps prepare kids for future athletic participation, and allows quality time between parents and children. There are limited spaces, so sign up today!

Facility: The Recreation Center

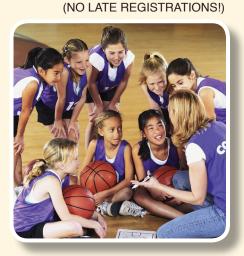
Date: October 5-November 9, 2010

Time: Tuesdays 5:30-6:30pm

Age: 3-5

Fee: \$25/member, \$30/non-member

Registration Deadline:
November 4, 2010



CO-ED TAAF Youth Basketball – Recreational Only

Enroll your child into TAAF Basketball at The Recreation Center – Lake Jackson! Youth sports provide children with physical exercise, interpersonal development, teamwork experience, and much more! All participants will play within the recreational league in one of the following divisions: U12, U10, U8, U6. All divisions are CO-ED. Team shirts will be provided.

Facility: The Recreation Center **Date:** Practice starts December 6,

2010

Games are on Saturdays
January 8 – February 12, 2011

Registration:

November 1 – December 3, 2010

For information about Adult and Youth Recreation, call Christopher Thompson at The Recreation Center (979) 297-4533 or email cthompson@lakejacksontx.gov

Group X Classes

Floor

Cardio Combo: A class that consists of high/low impact moves on the step, strength training and abs.

Muscles & More: Reshape your body, tone up, get strong, and boost your metabolism with strength and resistance training targeted at various muscle groups throughout the week. Great for all levels, plus abdominal work will be included.

Total Body Blast: Get ready for a total body makeover! This class features strengthening moves that will tone upper and lower body muscles, as well as abdominals! You'll become stronger, add definition to your physique, increase your energy, and kick your metabolism into high gear! All fitness levels welcome!

Zumba: A Latin-inspired, dance-fitness class that combines fast and slow rhythms that tone and sculpt the body in a party-like environment. The cardio-based dance movements are easy to follow steps which target areas such as the gluteals, legs, arms, core, and abdominals. Great for dancers and non-dancers.

Zumba Toning: Takes the original Zumba dance-fitness class to the next level by using light weight toning sticks or dumbbells. Zumba toning is fun, different, challenging and effective while providing a new avenue to weighted activity. Use of weights is optional.



Kickboxing: Have fun while getting a fat-burning total body workout with an emphasis on cardio, strengthening and toning that will trim your body in no time. Abdominal work is included. Pads and gloves are not incorporated in this class.

Sports Conditioning High intensity, cardio strength building class, utilizing: body bars, weights, bands and discs, to sculpt while maintaining a cardio level heart rate. This class is great for non steppers male and female.

Pilates: Exercise that benefits the entire body by strengthening and lengthening muscles and improving balance and flexibility.

Yoga: Beginners are welcome in this fitness-based yoga class designed to elevate the heart rate and warm the

muscles, then concentrates on increasing muscle flexibility and joint mobility through a series of traditional yoga postures. Mats are provided and bare feet are recommended.

Hard Core: An express beach body blast designed to carve your superior, inferior, and oblique abdominals while strengthening your core and improving posture. Blast your belly using stability balls, weights, Pilates, and much more during each high intensity session.

Simply Circuit +: A calorie burning workout that alternates cardio pumping segments with body strengthening moves, wrapped up with 15 minutes of Pilates core work. Great for all levels.

Water

What are the benefits of Water Aerobics?

- Water Aerobics benefits your entire body when done steadily and vigorously. It increases aerobic endurance, improves flexibility and tones the body.
- It will strengthen your heart (cardiovascular fitness) while toning your muscles (muscular strength and endurance).
- Provides 12 times more resistance than when you exercise on land.
- Water Aerobics is fun, helps you keep fit and allows you to meet new people.
- Water Aerobics is excellent for men and women of all shapes, sizes and ages, and allows you to work at your own pace.
- The water environment provides support and gives resistance to the body; this creates an ideal medium for exercise and rehabilitation from injuries while aiding joint mobility.
- Muscle soreness does not occur as frequently in water as on land aerobics due to the buoyancy of the water and reduced impact on the body.
- Water disperses heat more effectively to limit overheating.

Deep Water: Gives you the benefits of weights, aerobics and stretching in a non-impact workout that focuses on calorie burning and improving all aspects of physical fitness.

Shallow Water: A low-impact class paced for seniors and designed to promote joint flexibility, range of motion, and agility while building cardiovascular fitness and muscle strength.



Group X Classes

	Fall 2010 Group X Floor Aerobics														
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY										
	Hard Core 6:30 - 7:00 am Megan		Hard Core 6:30 - 7:00 am Megan												
Zumba - Gym 8:30 - 9:30 am Vicki	Muscles & More 8:30 - 9:30 am Jean C.	Zumba - Gym 8:30 - 9:30 am Vicki	Muscles & More 8:30 - 9:30 am Holly	Zumba - Gym 8:30 - 9:30 am Vicki											
Kickboxing 8:30 - 9:30 am Jeanne ♪		Total Body Blast 8:30 - 9:30 am Jeanne ♪		Simply Circuit + 8:30 - 9:30 am Jeanne ♪	Instructor's Choice 9:00 - 10:00 am										
Pilates 9:35 - 10:30 am Megan	Zumba Toning 9:35 - 10:30 am Vicki	Pilates 9:35 - 10:30 am Jeanne ♪	Zumba Toning 9:35 - 10:30 am Vicki	Yoga 9:35 - 10:30 am Holly											
	Hard Core 5:00-5:25 pm Christopher	Hard Core 5:00-5:25 pm Christopher													
Sports Conditioning 5:30 - 6:30 pm Sharon	Cardio Combo 5:30 - 6:30 pm Sharon	Power Yoga 5:30 - 6:30 pm Megan	Kickboxing 5:30 - 6:30 pm Holly												
Total Body Blast 6:35 - 7:30 pm Holly	Zumba 6:35 - 7:30 pm Kelly	Zumba 6:35 - 7:30 pm Kelly	Zumba 6:35 - 7:30 pm Kelly												

	Fall 2010 Group X Water Aerobics														
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY											
	Shallow Water 8:00 - 9:00 am Jean H.	Shallow Water 8:00 - 9:00 am Jean H.	Shallow Water 8:00 - 9:00 am Jean H.	Shallow Water 8:00 - 9:00 am Jean H.											
Shallow Water 12:00 - 1:00 pm Dorothy	Shallow Water 12:00 - 1:00 pm Dorothy	Shallow Water 12:00 - 1:00 pm Dorothy	Shallow Water 12:00 - 1:00 pm Dorothy	Shallow Water 12:00 - 1:00 pm Dorothy											
Deep Water 5:00 - 6:00 pm Jean H.	Deep Water 5:00 - 6:00 pm Jean H.		Deep Water 5:00 - 6:00 pm Jean H.												
Shallow Water 5:30 - 6:30 pm Sue	Shallow Water 5:30 - 6:30 pm Sue	Shallow Water 5:30 - 6:30 pm Sue													

MUST BE 12 YEARS OF AGE OR OLDER TO ENTER AEROBICS ROOM AND/OR PARTICIPATE IN FLOOR OR WATER AEROBICS. NO EXCEPTIONS!

Fall and Winter Aquatics

Group Swim Lessons

Parent/Tot classes last 30 minutes. All other classes are 50 minutes.

Facility: Recreation Center - pool

Fee: Parent/Tot is \$25 member/ \$30 non-member

All other classes are \$30 member/ \$35 non-member

*Parents are required to be in the pool with children in

Parent/Tot and Beginner classes.

*Parents of children in the adaptive class may be asked

to get in the pool to help.

Date: September 21-30, 2010

Time: 9:00am Parent/ Tot (6 months – 2 yrs)

Time: 10:00am Level 1
Time: 11:00am Level 2

Time: 6:00pm Beginner (2-4 yrs)

Time: 7:00pm Level 3

Date: October 5-14, 2010

 Time:
 9:00am
 Adult

 Time:
 10:00am
 Level 1

 Time:
 11:00am
 Level 2

 Time:
 6:00pm
 Level 3

 Time:
 7:00pm
 Adult

2010 TAAF Athletes of the Year

Logan Sheffield Madeline Doughty



Private Swim Lessons

Private Lessons offer one on one attention from our most experienced Certified Red Cross Water Safety Instructors. They offer the most flexibility by allowing you to choose the time that best fits your schedule. Lessons are available for any age and ability level from beginner to competitive swimmers.

Facility: The Recreation Center – indoor pool/outdoor pool

Fee: Private (30 min)

4 lessons for \$130 members/ \$140 non-members

Semi-Private (45 min)

4 lessons for \$195 members/ \$205 non-members

American Red Cross Lifeguard Training

Class is held for two weekends.

Prerequisites:

- Swim 300 yards without stopping using front crawl, and breast stroke.
- Retrieve a 10 lb brick from a depth of at least 7 ft and swim 20 yards back to the wall.

SPRING BREAK

CLASS

March 14 - 18, 2011

9:00am - 5:00pm

Facility: The Recreation Center – pool

Date/Time:

December 3: 6:00pm - 9:00pm
December 4: 9:00am - 6:00pm
December 5: 1:00pm - 6:00pm
December 10: 6:00pm - 9:00pm
December 11: 9:00am - 6:00pm
December 12: 1:00pm - 6:00pm

Age: Must be 15 years old by the last class date.

Fee: \$135



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Fall and Winter Aquatics

Pumpkin Plunge

Come and enjoy a fun and spooky swim. You can participate in games like the Monster Race, or Bobbing for Brains. The pool will be full of floating pumpkins. You will be able to choose your favorite pumpkin, decorate it, and take it home with you. There will be fun games to play where you can win treats and prizes.

Facility: The Recreation Center - pool area

Date: October 30, 2010 **Time:** Saturday 7:00-9:00pm

Age: 14 and under

Fee: \$3 member/ \$5 non-member

Blue Santa Swim-A-Thon

Help raise money for the Blue Santa Program by swimming laps. The Blue Santa Program is sponsored by the Lake Jackson Police Department to provide holiday gifts and food to nominated families. Participants in the Swim-A-Thon will swim as many laps as possible in three hours. Sponsors will contribute a designated amount per lap, so the more you swim, the more funds you raise for the Blue Santa Program! The event will be held on December 4, 2010 from 9:00am-noon at The Recreation Center. Sponsorship forms will be available beginning November 1, 2010 and can be picked up at The Recreation Center or the Lake Jackson Police Department.

	Lap Pool Use Schedule										
Open Lap Swim											
5:45am - 8:00am	Monday – Friday	(All Lanes)									
USS Swim Team											
4:30pm – 5:30pm	Monday – Friday	(Lanes 1-3 used)									
5:30pm – 6:30pm	Monday – Friday	(Lanes 1-4 used)									
	Deep Water Aerobics										
5:00pm-6:00pm	Tuesday/Thursday	(Lanes 7 and 8 used)									
	Leisure Pool Schedule										
5:45am – 7:00am	Leisure Pool Closed										
7:00am – 8:00am	Adult Water Walking	Monday – Friday									
8:00am - 8:45pm	Open to public	Tuesday – Friday									
8:00am – 9:00am	Water Aerobics	Tuesday – Friday									
12:00pm – 8:45pm	Open to public	Mondays									
12:00pm – 1:00pm	Water Aerobics	Monday – Friday									
5:30pm – 6:30pm	Water Aerobics	Monday – Thursday									



Carrie Bai, TAAF Swim Team

Pools are closed on Mondays from 8:00am to 12:00pm for maintenance

Dr. Raymond Miller is the owner of





- Mon-Fri 7am-6pm
- Sat 8am-Noon
- On-call 24/7

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Academy of Ballet Dance Arts



Little Movers Dance Class: Ages 18 mos. 2 yrs.

Tuesday 3:15 - 3:45pm

A fun time to run, jump and spread our wings to fly. This program is designed for the very young to experience dance movement within a nurturing environment (boys and girls). "Bring your Camera"

Fire Flies Ballet Class: Ages 3-5 yrs.

Tuesday 4:15 – 5:00pm Wednesday 4:00 – 5:00pm

This beginner Ballet and Jazz class meets each week to explore the wonderful world of dance. We learn positions of dance, basic skill steps and age appropriate center work. Various props and classical children's music are used for class time. "Fun is the language spoken here" Male fire flies welcome!

Super Stars Dance Class: Ages 6-9 yrs.

Tuesday 4:15 - 5:00pm

A great time to meet new friends and share the love of dance each week. We still teach the basics of dance for this age group; although, we do a bit more jumping, turning and leaping! Yes, boys are welcome. Students learn Ballet and Jazz.

Budding Ballerinas: Ages 10 yrs and up

Monday 7:15 - 8:30pm Tuesday 7:15 - 8:30pm

A Ballet class designed to teach beginners / intermediates, this class provides an experience intended to foster a life long love of movement through dance art. Advanced girls and boys are welcome too! Pointe work is a possibility for this group. We also explore Modern dance and Irish dance! Our more advanced dancers meet on Tuesday.

Advanced / Intermediate Dance: Ages 10 & Up

Monday 7:15 – 8:30pm Tuesday 7:15 – 8:30pm Saturday 10:00 – 11:15am

*Performance group 11:15am - 1:00pm

Our advanced / intermediate group has the option to perform and they meet for at least three classes each week. Students learn Ballet, Jazz, Modern, and Irish Dancing. *P.E Credit for area public schools at this level. Ask the teacher for details.

The Nutcracker

"A dashing prince, a beautiful Snow Queen and visions of the Sugar Plum Fairy"

Festival Ballet will hold casting auditions for its 2010 production of "The Nutcracker." This is a wonderful opportunity for young dancers to perform in the "Houston Children's Nutcracker" ballet production in December, with performances in Lake Jackson and Houston.

Dancers age 6 to adult, Ladies and Men may audition. Ladies on Pointe must bring Pointe shoes. Festival Ballet is also casting for character parts, no dancing required, boys, girls, and adults too! Please note these are "casting auditions", which means a place for everyone to dance.

Auditions will be held in Lake Jackson at: Academy of Ballet & Dance Arts, 91 Lake Road, at The Recreation Center Lake Jackson.

For more information call 979-997-1870 or visit us at www.lakejacksondance.com

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KidZone



Your Friendly KidZone Staff

From left to right, Renee, Debbie, Megan & Erica

Here at The Recreation Center – Lake Jackson we want you to feel at home. We offer childcare for children ages six (6) months to seven (7) years of age. They have their own "Rec Center" filled with fun! The following is a list of rules, prices and hours available for our KidZone.

KidZone Hours

Monday thru Friday 8:00am – 1:00pm and 4:00pm – 8:00pm Closed Saturday and Sunday

KidZone Fees (for members only)

\$15 per month unlimited

\$ 2 per hour per child (ages 6 -18 months)

\$ 1.50 per hour per child (ages 19 months to 7 years)

KidZone Rules

- KidZone is available for children of members only.
- Parents or guardians must remain in the facility at all times when their child is in the KidZone.
- The time limit for the KidZone is two (2) hours per session, for a maximum of two (2) sessions per day. Sessions must be divided between morning and evening hours, or child must remain out of the KidZone for a minimum of two (2) hours between sessions.
- Patron must provide diapers, diaper bag accessories, etc.
- · Baby bottles and spill proof cups are allowed.
- Please no red drinks.
- Absolutely no food, candy, gum, strollers, toys or other personal items allowed in the KidZone.
- Children must check out of the KidZone with the same person who checked them in.
- Child and patron must wear matching wristbands at all times.
- Parent or guardian must complete application form before their child is admitted to the KidZone.
- Parent or guardian must complete a sign-in sheet at each visit before their child is admitted to the KidZone.
- · Medication will not be administered by childcare personnel.
- The Recreation Center Lake Jackson is not responsible for lost, stolen or damaged items.

ALL CHILDREN AGES SIX (6) AND UNDER ARE REQUIRED TO HAVE AN ADULT WITHIN ARMS REACH ANYWHERE IN THE FACILITY.



Special Events

Monster Dash

Saturday, Oct. 30, 2010

Join us for this annual tradition! Start off with the BASF Kids Run (600 meters). Entry for Kids Run is an optional \$1 donation. Register on race day. Fun Run T-shirt is included! Medals to all children who finish!

5K Run starts at 8:00am. Meet at MacLean Park in Lake Jackson. 5K will run the Dow Centennial Trail behind The Recreation Center – Lake Jackson.



Facility: MacLean Park

Time: 7:30am

Age: all ages

Fee: \$15/advance, \$20/on-site

(includes race t-shirt)

Registration: Begins September 1, 2010

through race day

Fifth Annual Pumpkin Bash

Saturday, Oct. 30, 2010

Join us for an evening of games, treats and fun for the entire family! Costume contest for all ages starts at 7:00pm!

Facility: The Recreation Center - Lake Jackson

Time: 6:30-8:30pm Age: all ages Fee: \$5/family



Festival of Lights

Saturday, Nov. 20, 2010



Join us on the Civic Center Plaza for a full day of fun for the entire family!

Snowland, Carnival, Children's Activities, Food and Craft Booths. Downtown Parade at 7pm.

2010 Dunbar Disc Golf Classic

Saturday, November 13, 2010

Single day Disc Golf Tournament. Format will feature stroke play with longest drive and closest to the pin competitions. Winners earn championship T-shirts at the completion of the event!

Facility: Dunbar Park Time: 9:00am

Age: 13+; participants below 18 years of age must

be accompanied by a parent or guardian

Fee: \$15/registrant

Registration Deadline: November 10, 2010 (NO LATE

REGISTRATIONS!)

Daddy & Daughter Dance

Friday, Feb. 18, 2011

A special evening just for Daddy's and their daughters! Join us for dancing, refreshments, photography, door prizes and more!



Facility: The Civic Center
Time: 6:30-9:30pm
Age: all ages
Fee: \$20/couple,
ADVANCE TICKETS ONLY

Registration:
Begins Jan. 1, 2011, tickets
may be purchased at The
Recreation Center or at The

Civic Center.

Gulf Coast Regional Blood Center Blood Drive

Tuesdays, 11:30am - 4:00pm

September, 28, 2010 October 26, 2010 November 30, 2010 December 21, 2010

January 25, 2011 March 29, 2011 April 26, 2011

Facility: The Recreation Center - Lake Jackson in the

Aerobics Room

Time: 11:30am - 4:00pm

Schedule an appointment online at www.giveblood.org, enter sponsor code 0201 or walk-ins are welcomed.

Cultural Recreation

Babysitter's Training Course

This single-day American Red Cross Babysitter's Training course gives young adults the skills and confidence needed to safely and responsibly care for children and infants. Participants earn certificates upon completion that will help when seeking jobs! Participants will learn through handson activities, interactive video and lively discussions.

Facility: The Recreation Center

Dates: (one-day course)

September 18, 2010 October 23, 2010 November 6, 2010 December 4, 2010 January 15, 2011 February 19, 2011

Time: 8:30am - 4pm

(one hour for lunch)

Age: 11+ on the day of the class

Fee: \$70/registrant

Registration Deadline: Friday prior to

session date



Mommy and Me

Looking for the perfect playgroup for your child? Mommy and Me is a great way to share ideas and activities for interacting and bonding with your child. This class also offers an environment that will build socialization skills and increase confidence and independence through discovery and music. Throughout this class you will learn important safety and wellness information such as CPR and how to stay active.

Facility: The Recreation Center

Date: October 6, 2010 – November

10, 2010

Time: 2:30 – 3:30pm each

Wednesday

Age: 10 months – 18 months

Fee: \$35/child

Registration Deadline: October 5, 2010

Critter Care

Critter Care is essential to all animal lovers! This American Red Cross Pet First Aid course combines Dog First Aid and Cat First Aid into one session. Protect your furry loved ones from further harm, injury, or suffering during emergencies by learning prompt, effective first aid actions and care.

Participants will receive a Dog First-Aid Book or Cat First Aid Book, DVD demonstrating skills, and completion certificate. For the safety of all involved, no animals will be permitted to enter the class. All demonstrations will be performed on mannequins.

Facility: The Recreation Center

Dates: (one-day course) October 16,

2010; December 11, 2010; and

February 5, 2011

Time: 8:30am - 12:30pm

Age: 18+

Fee: \$30/registrant - includes

course and selection of materials relating to either dogs or cats. Should you desire materials for both, the registration cost is \$50.

Registration Deadline: Friday prior to

session date

Bakin'N'Cakin

Let Bakin'N'Cakin turn your child into a master chef with this beginner's cooking class! Participants will take part in various school-aged baking lessons designed to enhance their creative appetite. They will practice decorating, mixing, and preparing several treats throughout this five day experience. Your lil' chef will be well equipped to help in the kitchen during the holiday season! No flames or heat will be used.

Facility: The Recreation Center **Dates:** November 15 – 19, 2010 **Time:** 6:00 – 7:00pm each day

Age: 3-10

Fee: \$30/participant

Registration Deadline: November 12,

2010

Crafts Corner

Expand your child's imagination and knowledge of fine arts at The Recreation Center – Lake Jackson! Participants will receive historical information about various types of art before creating a personal modern masterpiece relating to each! Children will leave this week long course with a greater understanding of art, selection of mediums, color combinations, textures, and much more!

Facility: The Recreation Center **Dates:** December 6 – 10, 2010 **Time:** 6:00 – 7:00pm each day

Age: 3-8

Fee: \$25/registrant

Registration Deadline: December 5, 2010

Photography and Scrapbooking 101



Let your child unlock their creative side and see the world through the eyes of a camera. Join us for a two week course in which participants learn digital photography of various subjects and perspectives. Each session will have an outside assignment pertaining to the days lesson. At the conclusion of the course, students will scrapbook their works of art for a final product displaying their creativity!

Facility: The Recreation Center

Dates: December 13 – 16, 2010

Time: 6:00-7:00pm

Age: 7-10

Fee: \$35/registrant

Participant must provide their own

disposable camera.

Registration Deadline: December 12, 2010



Children's Spanish

Start you kids off early with this beginner's Spanish course! Children are introduced to the Spanish alphabet, numbers, colors, and much more! Learn via interactive games, create personalized teaching materials, practice amongst your peers! Being bilingual is an asset, so start now!

Facility: The Recreation Center

Date: January 17, 2011 – January 21,

2011

Time: 6:00 – 7:00pm each day

Age: 5-9

Fee: \$25/registrant

Registration Deadline: January 16, 2011

ALL CLASSES REQUIRE MINIMUM ENROLLMENT

For information about Cultural Recreation, call Christopher Thompson at The Recreation Center (979) 297-4533 or email cthompson@lakejacksontx.gov



HONDAOF

LAKE JACKSON

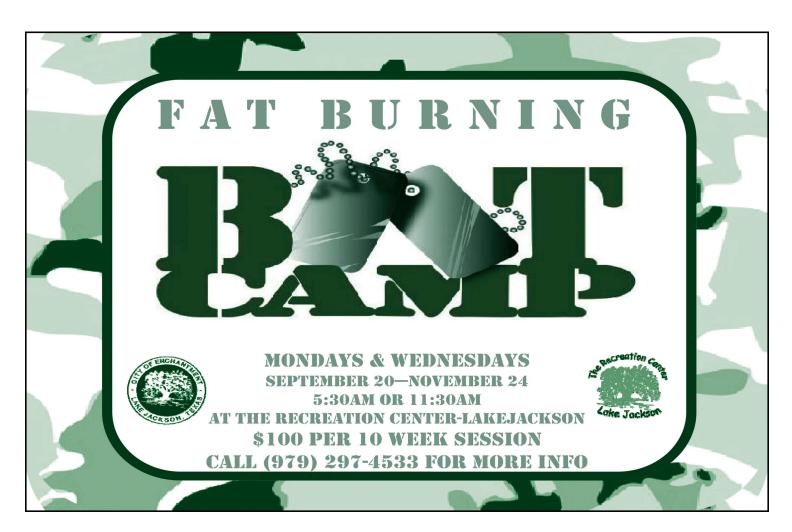
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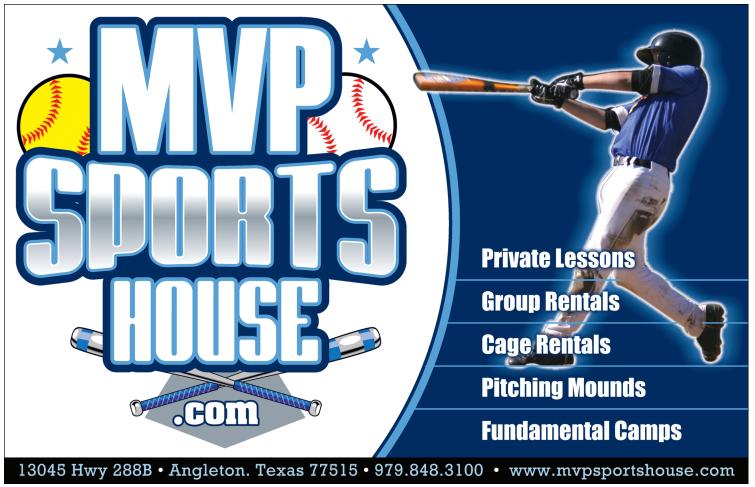
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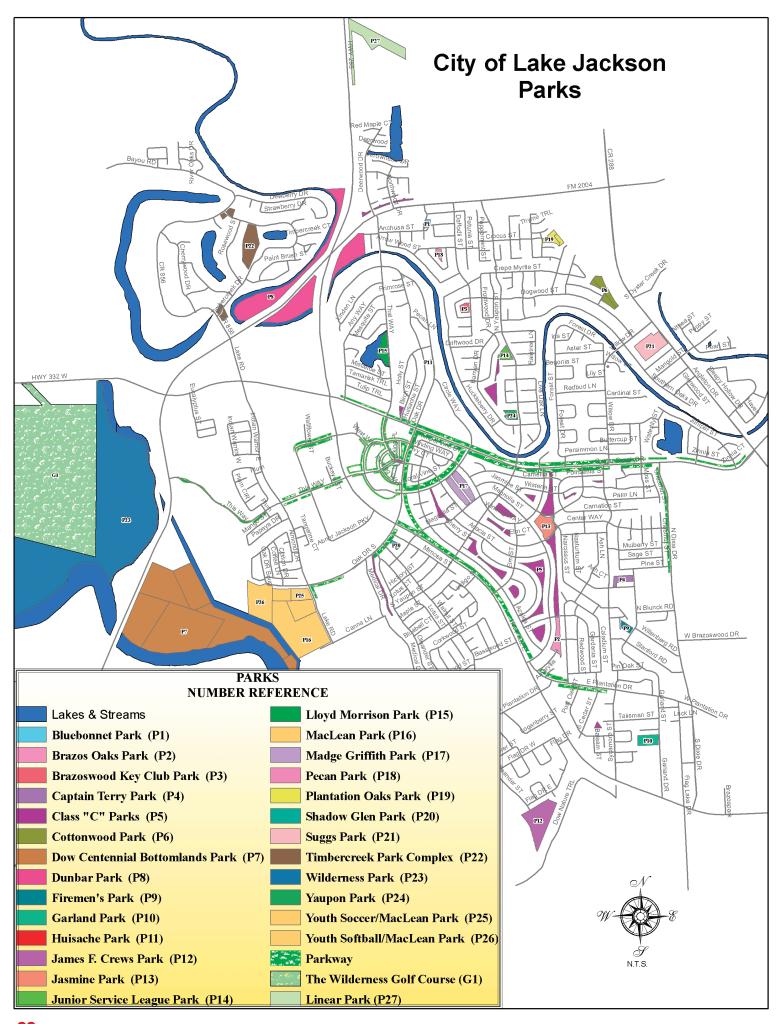
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The Brazos River Trail

HOUSTON WILDERNESS

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Recreational Facilities

																	ì				H								
Yaupon Park	Wilderness Park	Timbercreek Parks	Suggs Park	Shadow Glen Park	Plantation Oaks Park	Pecan Park	Outdoor Pool @ Madge Griffith	Madge Griffith Park	Maclean Youth Sportplex	Maclean Park	Lloyd Morrison Park (Shy Pond)	Jr. Service League Park	Jasmine Park	Huisache Park	Garland Park	Firemen's Park	Dunbar North Fields	Dunbar Pavilion	Dunbar Park	Dow Centennial Bottomlands	James F. Crews Park	Cottonwood Park	Captain R.R. Terry Park	Circle Way/Gator/Whatley	Brazoswood Key Club Park	Brazos Oaks Park	Bluebonnet Park	Abner Jackson Plantation Site	Site
705 Yaupon	301 W. Hwy 332	337 Timbercreek	213 C.R. 288	99 Oak Drive	110 Sumac	208 Crocus	302 Magnolia	302 Magnolia	Oak Drive South	93 Lake Road	507 That Way	709 Yaupon	300 Jasmine	474 Huisache	328 Garland	207 Forest Oaks	856 FM 2004	803 FM 2004	803 FM 2004	Enter @ MacLeean Park	1040 Oleander	101 Cottonwood	425 Forest Oaks	400 Circle Way	149 Daffodil	64 Plantation Ct.	202 Dahlia	FM 2004 near Lake Rd	Location
2.5	482	16.86	12	2.5	8.8	1.2		8		84	13.7	2.8	10	0.5	5	1.8		0.5	75	350	18	6.5	2.3		1.8	1.5	0.6		Acres
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